

# Holiday H2O Invitational

## DECEMBER 3 - 5th, 2010

**Sanction:** Held under the Sanction of USA Swimming and Ozark # 5340  
**Host:** Rec-Plex Sharks Parents Association

**Meet Directors:** Karen Baker 636-939-0296 or 636-399-6373 or [rkrbaker@charter.net](mailto:rkrbaker@charter.net)  
 Kay Hempen 636-926-9785 or [knpaul.hempen@sbcglobal.net](mailto:knpaul.hempen@sbcglobal.net)

**Safety Marshall:** Todd Fountain  
**Meet Referee:** Ernie Paskoff 706-495-1076 or [erniepaskoff@earthlink.net](mailto:erniepaskoff@earthlink.net)

**Location:** City of St. Peters Rec-Plex  
 5200 Mexico Road  
 St. Peters, MO 63376

**Directions:** From I-70 west, take the Cave Springs exit (225), go left (south), turn right on Mexico Road. Travel 1.6 miles west on Mexico Rd. The Rec-Plex is on the left, just past Lutheran High School.

**Facility:** 50 meter 8 lane pool built in 1994 by Westport Pools. A Colorado Timing System will be used with an 8-line scoreboard(s). All lanes are 9 feet wide and have the Big 6 Competitor non-turbulent lane markers. There is permanent seating for 1300 spectators.

**Parking:** Prime parking is in front of the Rec-Plex. Additional parking is behind the Rec-Plex, at St. Peters City Hall, and by Lutheran High School.

<b><u>Warm-Ups:</u></b>	<u>Friday Evening</u>	<u>Sat./Sun. Mornings</u>	<u>Sat./Sun Afternoons</u>
	Warm-Ups 4:30 p.m.	Warm-ups 7:00 a.m.	Warm-Ups 12:30 p.m.
	Meet Starts 5:30 p.m.	Meet Starts 8:00 a.m.	Meet Starts 1:30 p.m.

\* Sat/Sun afternoon warm-ups will begin immediately following the morning session, but no earlier than 12:30 p.m.

**Eligibility:** Open to all **currently** registered USA swimmers. USA swimming memberships applied for will **not** be accepted. Swimmers age on December 3, 2010 determines the swimmers age for the meet. Swimmers entered in the meet who do not hold current membership will be dropped from the meet and their entry fees will **NOT** be refunded. Any swimmer found not having a current USA Swimming membership who swims in an Ozark sanctioned meet (and/or the team) is subject to a \$100.00 fine per swim.

**Events:** All events are Timed Finals - Swimmers are limited to 4 individual events per day.  
 Please enter in yard times only. No time conversions allowed for any limited events.

**Distance Events:** The Girls and Boys 1650 Freestyle will be limited to the fastest 16 swimmers. They will be swum fastest to slowest. We reserve the right to add an additional heat of swimmers from the host team.

*\*Swimmers must provide their own lap counter and 1 timer for the 1650. Swimmers not providing a lap counter **and** timer for the 1650 will not be allowed to swim this event.*

All Friday night events will be limited to the fastest 24.  
 Swimmers must provide their own lap counter for the 500 Freestyle.

**Proof of time for all limited events must be sent in with entry.** Team Manager proof of time is sufficient. Refunds for those who do not make the cut-off time in these limited events will be issued to the teams who request a refund within one week of the meet end.

**Entry Fees:** \$4.00 per individual event  
 \$8.00 Ozark Swimming Surcharge

**Check In:** There will be a positive check in for all Friday evening events and the 1650 freestyle events. Swimmers who have not checked in 30 minutes prior to the start of the session will not be seeded in that session.  
**We reserve the right to pre-seed the meet at our discretion if the time lines permit.**

**Awards:** In lieu of awards, each swimmer will receive a meet memento.

**Rules:** Held under the sanction of USA Swimming.  
The **National Starting Procedure** will be used, including the **No Recall False Start**. A swimmer attending this meet without a USA-S certified coach must report to the meet referee or meet director prior to warming up for each session in which he/she is swimming. The swimmer will then be assigned to a coach on deck for each session of the meet that he/she is entered. Coaches must have a current USA SWIMMING Coaches Card. All technical and administrative rules of USA Swimming shall apply.

The only swimsuits allowed are those permitted by FINA and in compliance with current USA Swimming rules.

No parents are permitted on the pool deck unless they are working. Coach assistants will not be permitted on the pool deck without the same credentials required of the coaches. This will be strictly enforced. Please be prepared to provide credentials.

**Scratches:** **If a swimmer positively checks in for a limited event and does not swim the event, they will be disqualified from their next individual event.**

**Entries:** Entries will be accepted beginning November 2, 2010 at 9:00 a.m. through November 9, 2010 or until the meet is filled. No team entry will be split. **The meet may be filled before the deadline date.** Please submit entries in Short Course Yard Times. Teams may submit their entries using HY-TEK team manager via e-mail or on a 3.5 magnetic disk. A confirmation e-mail will be sent following the receipt of e-mail entries. If confirmation is not received within 24 hours of your electronic submission, call Karen Butz at 636-688-1512. **Confirmation of receipt does not mean that your entry is accepted.** After acceptance, a hard copy and checks must be received within 7 days. Teams will be notified of their acceptance by November 12. Entries requiring a signature or postage will not be accepted. Please provide an email, phone, and fax contact.

**Entry deadline: November 9, 2010.**

**Updated times will be accepted until NOON November 22, 2010.**

**NO ENTRIES WILL BE ACCEPTED BEFORE NOVEMBER 2, 2010**

Entries will be accepted after the deadline if the meet is not full.

***The Rec-Plex Sharks have the sole discretion to determine which entries to accept.***

**There will be no deck entries.**

Please make checks payable to: **Rec-Plex Sharks Swim Club**

Mail to: Karen Butz, Meet Entry Chair  
13 Arrowhead Circle  
St. Charles, MO 63301  
(636) 688-1512  
Sharkmeetentry@yahoo.com

**Officials:** Teams participating in the meet should provide officials. Please contact the Meet Referee.

**Meet Safety:** In accordance with the recommendations of USA Swimming and the Ozark LSC, the Rec-Plex Sharks will operate this meet under the guidance of a meet safety marshall. At no time will cell phones with video recording or video recording devices be permitted in the locker room area.

**Concessions:** Food and drink will be available in the food court beginning at 7:00 AM

**Vendor:** On The Blocks Aquatics will be available throughout the meet for all your swimming needs.

**Please:**

1. Keep all trash picked up.
2. Do not go, or let children go, in any **UNAUTHORIZED** areas.  
**The following areas are off limits:**  
***Gymnasium, Ice Rink, Weight Room, Jacuzzi, Sauna, Leisure Pool***
3. **No outside food, drink, or coolers are permitted in the Rec-Plex**, per the City of St. Peters. Items purchased from the concession stand are permitted in the spectator area only. No food or drink is permitted on the pool deck. No Smoking laws are in effect and smokers are required to smoke outside the building.
4. Swimmers may rest in the areas behind the spectator stands. Meet participants and non-swimmers may purchase a daily admission to use the facility.

**Hotels: Hampton Inn - The Sharks Preferred Hotel**

Special Rate: Please call the hotel directly and reference the Rec-Plex Sharks when requesting room availability.

**3720 West Clay Street  
St. Charles, MO 63301  
(636) 947-6800**

**Website: [www.recplexsharks.org](http://www.recplexsharks.org)**

<b>GIRLS</b>	<b>Friday Events</b>	<b>BOYS</b>
1	15 & Over 400 IM *	2
3	13 - 14 400 IM *	4
5	11-12 200 IM *	6
7	10 & Under 200 IM *	8
9	15 & Over 500 Free *	10
11	13-14 500 Free *	12

*\* These events are limited to the top 24 swimmers*

<b>GIRLS</b>	<b>Saturday Morning Events</b>	<b>BOYS</b>
13	11-12 200 Free	14
15	10 & Under 200 Free	16
17	11-12 100 Fly	18
19	10 & Under 100 Fly	20
21	11-12 50 Back	22
23	10 & Under 50 Back	24
25	11-12 100 Breast	26
27	10&Under 100 Breast	28
29	11-12 50 Free	30
31	10 & Under 50 Free	32

<b>GIRLS</b>	<b>Saturday Afternoon Events</b>	<b>BOYS</b>
33	15 & Over 200 IM	34
35	13-14 200 IM	36
37	15 & Over 100 Breast	38
39	13-14 100 Breast	40
41	15 & Over 50 Free	42
43	13-14 50 Free	44
45	15 & Over 200 Back	46
47	13-14 200 Back	48
49	15 & Over 100 Fly	50
51	13-14 100 Fly	52
53	Girls 13 & Over 1650 Free**	

**\*\* This event is limited to the top 16 swimmers**

<b>GIRLS</b>	<b>Sunday Morning Events</b>	<b>BOYS</b>
55	11-12 100 Free	56
57	10 & Under 100 Free	58
59	11-12 50 Breast	60
61	10 & Under 50 Breast	62
63	11-12 100 IM	64
65	10 & Under 100 IM	66
67	11-12 50 Fly	68
69	10 & Under 50 Fly	70
71	11-12 100 Back	72
73	10 & Under 100 Back	74

<b>GIRLS</b>	<b>Sunday Afternoon Events</b>	<b>BOYS</b>
75	15 & Over 200 Free	76
77	13-14 200 Free	78
79	15 & Over 100 Back	80
81	13-14 100 Back	82
83	15 & Over 200 Breast	84
85	13-14 200 Breast	86
87	15 & Over 100 Free	88
89	13-14 100 Free	90
91	15 & Over 200 Fly	92
93	13-14 200 Fly	94
	Boys 13 & Over 1650 Free**	54

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